



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

March 2016

A Letter from Mayor Dave Wood



The City of Mishawaka and Mishawaka Utilities Water Division is paying close attention to the water crisis in Flint, Michigan, and our thoughts are with all of those who are struggling without safe and reliable potable water in their homes. No one in the United States should have to question the safety of water at the tap. Flint's problems underscores that our first job is to protect the families we serve. Those of us involved in managing, cleaning and delivering water share a solemn obligation to protect public health. It is always our goal at the City of

Mishawaka; you can completely take for granted the fact that we will provide you with clean, safe water on demand.

The Flint, Michigan water crisis has caused many questions to arise, mostly about lead content. Lead service lines were commonly used decades ago. There are millions of lead lines in service throughout the United States including Mishawaka. While we are not entirely informed about the situation in Flint, this much seems clear: When Flint switched its water supply source; it did not take the required steps to manage water chemistry. The new water caused lead to leach from service lines and home plumbing, which ended up in water coming out of the taps. You have undoubtedly seen the news footage showing residents of Flint holding containers of tap water that looked discolored. A popular misconception is that the water is discolored due to lead poisoning. That is not the case. Lead is clear, completely invisible in water and non-detectable to human senses. Lead does not originate in water filtration plants or water mains; it comes from lead service lines running between the water main in the street, outside the home and from plumbing, inside the home.

I would like to assure you that a Flint-type incident is highly unlikely in Mishawaka because we have a corrosion control program in place that provides protection from lead

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A Healthy Diet Starts With The Right Information!

Health Information from Saint Joseph Regional Medical Center

March is National Nutrition Month, a great time to consider how to make smart food choices and plan a healthy lifestyle. But first you need to know how to separate fact from fiction when it comes to food. For example, did you know ...

- **Strawberries have more vitamin C than oranges.** One cup, or about eight berries, contains more than 150 percent of your daily requirement of vitamin C.
- **Cooked vegetables have different nutrients than raw vegetables.** Vitamins can be damaged when exposed to heat, but minerals and phytochemicals are not. For example, cooking tomatoes may decrease vitamin C content, but can boost the availability of the phytochemical lycopene and make easier to absorb.
- **"Multigrain" products aren't necessarily whole grain.** Multigrain means the food contains several different varieties of grains, but does not necessarily

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UPCOMING EVENTS!

Mar 20	Easter Egg Hunt 1-3p (George Wilson Park)
Mar 25	City Offices Closed (Good Friday)
Apr 9	Trash Bash 10a (Merrifield & Crawford Parks)
Apr 20	AARP Driver Safety Class 1-4p (Castle Manor)
Apr 29	Arbor Day Celebration (Battell School)
Jun 24-25	Summerfest 2016

Summerfest 5K Race & Talent Show

Download the registration forms at
<http://mishawaka.in.gov/summerfest>

Volunteer Income Tax Assistance

IRS-certified VITA tax preparers will prepare and e-file your taxes for FREE

CALL 2-1-1 to schedule your appointment or schedule online at

www.uwsjc.org/vita.html

ONLINE ACCESS



<http://mishawaka.in.gov>



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<http://mishawaka.in.gov/parksandrecreation>

A Letter from Mayor Dave Wood *(continued)*

leaching into the system. We are not content to simply comply with regulations; we go above and beyond the letter of the law and embrace the spirit of it. We must follow strict guidelines of the Environmental Protection Agency, and Indiana Department of Environmental Management in maintaining our corrosion control program. We are also required, under The Safe Drinking Water Act, to communicate lead risks annually as part of our Consumer Confidence Report. We take these steps, not because we have to, but because we know that water is a fundamental necessity of life and that the safety of you and your family depend on it.

I am happy to report that we have been in compliance with the lead and Copper Rule and that our corrosion control program is limiting the amount of lead that can leach into the water. Every year we replace old lead service lines as we encounter them with our road construction projects. We replace it with new copper lines.

While lead is not an issue in Mishawaka, there are still steps you can take to further diminish exposure to lead:

- Flush lines for a minute or two that have been sitting stagnant for several hours, most notably first thing in morning, after you come home from work, or return from vacation.
- Always use cold water for drinking, cooking, and preparing baby formula as lead dissolves more easily in hot water.
- Replace old fixtures in your house. Brass faucets fittings and valves may leach lead in drinking water. Products sold after January 4, 2014 must contain very low levels of lead.
- Periodically clean your sink aerators (screens) to remove debris.
- Purchase a water treatment device certified under NSF/ANSI 53 to remove lead.

The City of Mishawaka Utilities provides an Annual Drinking Water Quality Report Booklet which will be mailed with utility bills in April of 2016. A copy of this report can also be found on the City of Mishawaka website under the Water Department section or in many of our City Department offices. If you have any questions please contact the Mishawaka Utilities Water Division at (574) 258-1652 and ask for the Water Quality Department.



Mayor Dave Wood and Corporation Counsel Geoff Spiess have announced the hiring of John J. Roggeman to the position of City Attorney. Roggeman replaces Larry Meteiver, who resigned in December, 2015 to take a position in his hometown of Elkhart, Indiana. John relinquished his seat on the Mishawaka Common Council and a caucus was held February 10th to fill the seat. Following are your elected Mishawaka Common Council Members

1st District	Dale "Woody" Emmons	6th District	Ron Banicki (<i>President</i>)
2nd District	Mike Bellovich	At-Large	Joe Canarecci
3rd District	Ross Deal (<i>Vice President</i>)	At-Large	Matt Mammolenti
4th District	Kate Voelker	At-Large	Bryan Tanner
5th District	Mike Compton		

A Healthy Diet Starts With The Right Information *(cont.)*

mean they are whole grains. Look for the phrase "whole grains" on the food label in order to get their health benefits and reduce your risk of heart disease, diabetes and digestive problems.

- ***Egg whites and eggs yolks can be part of a healthy diet.*** A whole egg is packed with high-quality protein, healthy fats, and vitamins such as B12 and minerals such as choline. The 2015 Dietary Guidelines for Americans removed cholesterol restrictions, saying that cholesterol intake is not the main driver of healthy cholesterol levels in the blood. So, eating the whole egg provides a wide variety of nutrition without compromising your heart health.

"The foundation of a healthy lifestyle is strengthened by a wide variety of whole foods," said Erin Hurst, clinical dietitian at Saint Joseph Health System. "Eat the rainbow. Enjoy some vegetables cooked and some vegetables raw. Chew more calories than you drink, and snack from the earth instead of a bag."

Scheduling a yearly wellness visit with your primary care provider is an important first step to establish a healthy diet and lifestyle.